



# COMMON SENSE in the HOME

## EDITED by MARION HARLAND



### When the Child Is Sick

HOW much does the average mother of today know of nursing a sick child? How many of you think of doing it except for a passing indisposition? Some ailments of children have their rise and decline with almost equal rapidity. A child who is gasping for breath with croup at 11 o'clock at night will be up and about the room the next morning, a trifle languid perhaps, but wonderfully well, considering the agony through which he has gone during the preceding twelve hours. The mother needs slight skill in nursing to care for a child in such an emergency as this. All measures must be prompt, and when she has once learned the routine of medicine, hot applications, and the like there is little more to acquire. So, too, with the ordinary cold or indigestion or similar childhood diseases, distressing while they last but quickly over.

When your child has a long, wearing illness, however, do you know how to take care of him? Perhaps you do not wish to turn him over to the charge of a trained nurse, perhaps you have not the money to spend upon one unless it is a matter where close watching and a certain amount of medical knowledge are required in order to meet and conquer difficulties for which the layman is not prepared.

In earlier days we took all the care of our children when they were sick and a trained nurse was unheard of. I do not say that this state of affairs was always an advantage and that there were not occasions when a more educated intelligence might not have done better for the patient in watching for and averting the unfortunate consequences of certain illnesses which affected the heart, the lungs, the sight, the hearing. None the less I maintain that in ordinary cases of sickness a sensible mother under the direction of a wise doctor can take as good care of a child as the best trained nurse of them all.

#### Obedience the Best Ally.

If I may make a personal reference I would like to say just here that I nursed my own small children through scarlet fever, as well as through less serious attacks. We did not know as much about germs in that day as we do now, and did not practice such elaborate precautions against contagion, but no one was any the worse for it, and all of the children escaped easily from a disease of which the nurse mentions with terror to a mother's heart. I am glad to have learned new methods of nursing of late years and to give them here in addition to those I have myself tried and proved.

If I were to be asked what is the mother's best ally in illness of any sort I would reply without hesitation, "Obedience in the child." Having been trained myself in

the old-fashioned habits of nursery discipline and following the same with my own children, I am in a position to appreciate the value of a training which makes it a matter of course for a child to take unpleasant medicine at a simple word of command, to submit to any treatment the mother and the doctor tell him is necessary for his recovery. I have never had to struggle with a child to coax or force down his throat a dose of some remedy which seemed essential, have never had to see him injured by the effort to persuade him to take a draught against which he rebelled. If you doubt the value of this aid in the sick room ask the opinion of any doctor or nurse on the subject.

Such a state of affairs cannot be fostered after illness begins, but is the result of former discipline. I do not think that I exaggerate when I say that the habit of obedience greatly increases the child's chances of recovery from an illness as well as simplifying care and nursing for the mother or whoever else may have him in charge.

At the same time diplomacy may well be brought into play in the sickroom of the child. It is one thing to give him a dose of medicine and have him take it obediently, it is quite another to induce him to take nourishment at order. Since food that is enjoyed is more readily digested than that which is eaten in compliance with a command, I would counsel the mother to rally to her assistance various charming stories by the help of which she can amuse the child into eating his food with interest, if not with positive enjoyment.

#### Awakening Interest of Child.

In my own nursery there were certain flocks of ducks and geese impersonated by the bread which floated in the milk or by the cubes of toast on the plate, and the child who ate them was in turn a hungry fox or a marauding hawk who swooped down upon the prey. Or the milk was a river which had to be swam in order to permit the hero or heroine to escape from the pursuer, who was variously a giant, a wild animal, or a bad fairy. Sometimes we did not resort to these expedients, but kept some specially absorbing tale for meal times, and in the interest awakened by this the food was eaten almost unconsciously and without struggle or argument.

The practice recommended in serving the adult invalid's meals—of making them as attractive as possible—should not be neglected in the child's case. Quiet and comical fancies appeal to him as they would not to an older person, and a series of surprises may be planned—the food concealed or masked in some way and an effort put forth to make the meal times something to be anticipated instead of a strain

to be dreaded, as is so often true of a child with a poor appetite. A grown person will sometimes eat from a sense of duty and the appreciation of the necessity of building up strength, but it is hard to make a little child see this, and the expedients I have suggested will prove of value in the care of small invalids.

In contagious diseases certain precautions must be observed and these will be dictated by the doctor. Curtains must come down and rugs or carpets be taken up, the room should be stripped of everything except absolutely necessary articles; the mother must wear a wash dress and cover her hair with a cap which can be laundered. Close at hand should be arrangements for soaking the bed clothing and that worn by the child in some disinfecting fluid and a disinfectant should be mixed with the water used in wiping the floor.

If a child is small enough for the mother to lift it in her arms when the bed is to be changed or to transfer it easily from one side of the bed to the other, the work of changing the sheets is a comparatively simple affair. But when the child is larger and heavier and cannot be huddled up in warm bedclothes and lifted at pleasure a different system must be studied.

#### Trick of Changing Sheets.

The trick of changing the sheets is easily learned. The soiled sheet is loosened on one side of the bed and folded in a long, compact roll close to the patient. The clean sheet is laid in the place of that just removed, its outer edge pinned down or tucked in, the rest of it drawn over the uncovered portion of the mattress and the folds made into a long roll which lies close to the rolled soiled sheet. The patient should be lying on his side, the rolled sheets at his back; he is now rolled over or drawn over on the fresh sheet, the soiled one pulled off, the clean rolled sheet spread over the rest of the mattress and secured in its place. It is a simple matter to change the upper sheet, of course, and the pillows may be drawn out one at a time and fresh slips put on them.

In many cases of childhood illness, notably rheumatism, tonsillitis, and diphtheria, there is a tendency to heart failure, and the little patient must be kept on the flat of the back much of the time. Under the circumstances the nightgowns must be changed without lifting the invalid. The arms are taken from the sleeves of the gown and the sheet is slipped down below the shoulders. Then the arms are thrust into the sleeves of the clean gown and the body of this slid under the head and down to the shoulders. By skillful graduations the soiled and the clean gown are worked down past the shoulders and hips and the discarded rightness goes off over the feet as the one

put in its place comes down to cover the ankles.

In changing the pillow or turning it the nurse's arm is slipped under the patient's head and neck, while with her other hand she draws the pillow out deftly, turns it, and replaces it or substitutes a fresh one for it. In the same way the patient's head may be lifted by the hand of the nurse and a glass of water held to the lips without raising the body from an absolutely recumbent position.

When a patient is to be transferred from one side of the bed to the other the process is a little more difficult and help may be needed. A pad or a folded sheet is slipped under the invalid by the same process followed in changing the sheets and the patient is drawn on this to the other side of the bed. The pad may then be slipped out carefully and the change is accomplished.

#### Follow Trained Nurse's Plan.

If you have ever been in the house with a trained nurse in charge of a patient you have probably noticed that she has no hesitation in demanding any means she wishes for making her work easier. Follow the same plan yourself. Nursing is a strenuous, enough work at the best, and when with the care and toil it involves is blended the anxiety of the mother as well, you make a mistake if you do not get every expedient you can to lessen the strain. See that you have the right sort of pillow and heating for soaking clothes, bowls for bathing the patient, plenty of sheets and towels and cloths, feeding cups by which to give a patient broth without having to do any lifting of the head or shoulders, glass tubes for drinking or taking medicine, hot water bag, small cushions, a little table, a comfortable chair, easy shoes, wrapper, and the like for yourself.

Bear in mind that it is as much your duty to take care of yourself as of the patient, and do not be guilty of the foolishness of neglecting your own diet, sleep, or exercise when it is humanly possible to get these with any regularity. When the crisis of the illness is over your work will not be finished but begun. The days of convalescence may be less anxious than those of active illness, but they are far more fatiguing. Your child will need you as an aid back to health as well as a source of strength. Don't forget this in the stress of nursing, but guard yourself against unnecessary fatigue, with the thought always in mind that you are to conduct a convalescence as well as rescue from the clutches of a disease.

One word on this line. You can keep yourself bright and cheerful for the child's sake when the worst is hovering over you, but courage and gaiety will be even more



essential during the tedious period of recovering strength. You cannot hope for it if you wear yourself out now. Be your own nurse as well as the child's and practice on yourself some of the care you lavish upon your patient.

## MARION HARLAND'S HELPING HAND

#### IMPORTANT NOTICE

BECAUSE of the enormous number of letters sent to the department I must ask contributors to limit their communications to 100 words, except in cases of formulas or recipes which require greater space. I want all my correspondents to have a showing in the Corner, and if my request in this respect is complied with it will be possible to print many more letters. Attention is called to the fact that Marion Harland cannot receive money for patterns, as she has no connection with any department that sells them.

INDULGE myself with a few bits of talk from our able cheftest, "A. G. V.," to whom our obligations are already great. I may mention here to housewives who would know something of the chemical changes and combinations that enter into cooking, that our friendly chemist will answer queries addressed to him through the Helping Hand. His ability is patent. His willingness to help us equals it.

The obvious explanation of the Australian "churnless butter" process, lately described in the Helping Hand, is this:

"When the cream is placed in a cloth bag and buried in the ground, the soil, which must be dry and porous—extracts the water portion by absorption, leaving the fat behind. However, all the cases [cheesy matter] likewise remains in the bag, thus increasing the yield of what is not pure butter, and modifying the taste. It will spoil rapidly."

"Had I time, I would tell you of the case famous 'black poppers' butter, which yielded a similar product."

"L. M. H." describes a laborious process of making paper pulp for filling floor cracks. This material may be purchased more conveniently from paint shops and wholesale druggists.

"Still, soaking the paper in a little lye and working it in a churn is an impressive method, but given by your correspondent. Cheap wall paper makes a good pulp."

"I wonder if anybody else ever discovered this valuable trick in boiling milk? It took me fifty years to get on to it! Although I have boiled milk thousands of times."

#### How to Boil Milk.

"Read it carefully; try it, obeying directions implicitly."

"Reserve for the operation a new unpainted enamelled kettle of the best grade; use it for nothing else, and keep it thoroughly scoured. It should be large in proportion to the quantity of milk—say, ten inches in diameter for a quart of milk and twelve for two quarts. Put into it a cup or two of water, and let it boil briskly for a few minutes. This insures removal of the atmospheric gas condensed upon every surface, and which contributes largely to the 'souring' of boiled milk. Empty the saucepan of water and pour in the milk immediately. Set it at once over the fire. The instant this is done stir the milk with a clean spoon, being careful to scrape the

bottom in every direction. This will prevent the albumen and casein from sticking. After a minute or two constant stirring is not imperative."

"Now comes the real 'trick.' As the milk approaches the boiling point stir faithfully, avoiding splashing it upon the sides of the pan, and watch! The moment the milk 'rises up' remove it from the fire, stirring rapidly. (A gas flame may be turned low.) When the surface is quiet put the saucepan back over the fire and stir as before. Now, presently the milk will go on boiling vigorously and with no tendency to boil over. One may let it boil to sterilize it or to condense it at will. The air it contained has been expelled and the albumen coagulated. No need to jerk the kettle from the stove with the boiling milk frothing all over the floor. And stranger still, there is hardly any milky substance adhering to the bottom of the kettle. I should like to hear if any one else knows of this?"

"Furthermore, I believe this is the secret of the 'magic spoon' sold by fakery, which is supposed to prevent milk from boiling over, the house mother (presumably) having been instructed to stir well."

"What you call 'a trick' is of especial interest in the mothers of 'bottle babies,' for whom milk should be sterilized. For ordinary purposes it may be preserved from souring by heating it in the inner vessel of a double boiler, or 'rice kettle.'"

#### Problem of a Mother.

"I read your answer to 'Mrs. J. G.' Unlike her, I cannot leave home to work on account of my three children. I am a good baker. My doughnuts cannot be beaten. Neither can my bread. Were I to make them, there is no sale for them in this suburb. Most of the housekeepers do their own baking. I am, also, a skillful seamstress. I read a suggestion in a Sunday paper concerning making baby clothes. But where could I dispose of them?"

"Kindly tell me how to get customers for either or both of these commodities. I could take orders to the city if I knew how first to get customers."

"In all your vast territory is there nobody who can give me practical advice how to provide for my children and myself? Are there no business houses that give out addresses or letters and circulars, or any other work that may be done at home?"

"If I can secure a place in an office, I could give a good home to an elderly woman who would look after my children in my absence. I held an office position before my marriage."

"I am utterly at a loss! I am able and anxious to work, but every road seems closed to me. And there must be many others similarly situated to whom advice would be welcome."

"Mrs. L. H." You're so far from being a singular case that every word of your appeal is a strain upon our sympathies. One of the dreariest troubles of fate is that honest labor is withheld from the hundreds who beg for nothing more. Cannot you get up a clinic in your suburb? Have cards printed, setting forth your intention to make bread and doughnuts, and to sell them at fair prices, and distribute them throughout your neighborhood. Dozens of women make their money for church and charity by such means. Make a business transaction of it. Offer

to supply sandwiches, salads, etc., for receptions, and, if need be, to arrange tables and decorations for these functions. I know two sisters who have supported themselves comfortably in their native town for ten years by these means. A certain small bakery in Chelsea, London, arose to the dignity of a fashionable resort that made a fortune for the proprietors by establishing a reputation for selling the best buns to be had in the city. Afternoon tea in the parlor and garden attached to the bakery was a popular function for two generations."

I wish our members would take up this question and discuss it helpfully. People who want to work and are able to work well, should not be compulsory drones in this country."

#### Plain Talk on "Business Women."

"Have you room in your columns for some plain talk from a practical woman

upon the much vexed and vexatious theme of business women? I shudder in entering the field, for I am in a wonderful minority of the sex. If one may judge from printed lectures, essays, and fiction about the right of women to make places and fame for themselves in the sphere prompted and occupied by their big brothers, for nobody can say how many generations.

"Until women are born men they can never do man's work as men do it. They are WOMEN; and whether they like it or not, women they must remain until death do them part from earthly ambition and endeavor."

"Unless a girl is as 'homey as a hedge fence' and unympathetic as an iceberg, her masculine employer will never forget that she is a woman, no matter how cold blooded he may be. All this talk about regarding her as a 'business machine' is moonshine from the start."

"Because a few women are successful

as aviators, sea captains, blacksmiths, farmerettes, and all the rest is not a proof that thousands are eligible to such 'honors.' The mighty majority would be much better employed learning to cook and to keep house, in the meantime keeping an eye out for some nice man that wants a housekeeper and when he appears to 'take him'."

"Going into business just like a man, is something women can do well in rare cases. And when this happens everybody is surprised. It is like hearing a parrot say 'How d'ye do.' When it is necessary for a girl to earn her living, of course, she must go out into the world where she can get work. It is but a second choice at best. To be always finding fault because she gets less pay than a man for doing the same work is foolish."

"However much we might like to deny it, we must 'face up' that such work is only a makeshift until Mr. Right comes along. All the while some man is working hard to qualify as 'Mr. Right' for some girl. That is a different thing. He is in the business for a lifetime and trying to 'make good' his promise to support her. On the other hand, she is planning to leave her place at the first good chance she gets."

"Is all this heterodox? And are you brave enough to print it?"

"If so, I think it is audacious enough to start a discussion."

"DAME VAN WINKLE."

#### Truth in This Talk.

Nothing is excluded from the Helping Hand because it is audaciously heterodox. So long as there is a speck of truth in what a candid correspondent writes he or she has the right to be heard. And there is more than one grain of reason in the talk of our lively "Dame."

I made up my mind years ago that when women can do work that equals a man's in every respect, and can keep up the standard as long as the big brother can, she will receive equal wages with him.

Fifty years ago Edwin Whipple, then eminent among American essayists, said: "Whatever a woman can do as well as a man in like circumstances could do, she has the God-given right to undertake."

It is as true now as when the brave, clear-headed thinker wrote the sentence. The question is whether she has the staying power physically and the resolution to take up the task as a lifelong work. Five years ago the president of a woman's college, in his baccalaureate, seriously advised the graduates of the day "not to think of marrying until each was qualified to support a husband." He then gave statistics with regard to the percentage of women all over the country who are the family bread winners that lent force to the injunction.

"All honor to them, say I. I know a score of such heroines, brave-hearted wives—some of them mothers—who are bearing the burden and heat of a day they never anticipated when they assumed the responsibilities of wifehood."

Nevertheless, what have thoughtful women to say upon the points set somewhat sharply forth by our correspondent?

#### Caramel Ice Cream.

"Please publish a recipe for caramel ice cream. Also tell me what to do to make the cream smooth."

Mrs. L. M."

For the caramel put a cupful of granulated sugar over the fire with a quarter cupful of water and let them cook together until the syrup browns, tipping the saucepan from one side to the other as it begins to color and shaking gently from time to time. Do not stir it. When it is dark brown—almost black—stir in carefully a cupful of boiling water and cook three minutes longer. Turn out and let it get perfectly cold.

Make a custard of a quart of milk, five eggs, and two cupfuls of granulated sugar. When it is thick and smooth remove from the fire and cool. When it is cold and stiff add a cupful of fish cream and a larger cupful of the caramel with a teaspoonful of vanilla.

In order to make the mixture smooth you have but to churn in the freezer as directed by the rules which come with the freezer. If you make self-freezing cream pack the freezer out of sight in alternate layers of rock salt and finely crushed ice. Then pour

over all a quart of strong brine and cover with several folds of old carpeting or thick sackcloth. At the end of an hour open the freezer and with a long handled wooden spoon scrape the congealed cream from the sides and bottom and beat hard for five minutes with a stout wooden ladle. Now close the freezer and bury it again in rock salt and pounded ice as at first. Cover closely with the carpeting and leave it for three hours or more. It will keep for six or seven days.

The smoothness depends upon the faithful beating.

#### Excellent Custard.

"My offering is: 'EXCELLENT CUSTARD FOR PIES OR PUDDINGS.—One pint of milk, half a cupful of sugar, one large tablespoonful of corn starch, the yolks of two eggs, reserving the whites for frostings; one teaspoonful of vanilla extract."

"Heat the milk to the boiling point. Mix sugar and corn starch together and dissolve with a little milk. Beat in the yolks; stir into the hot milk and cook until it thickens. Remove from the fire and let it cool. When it is cold stir in the vanilla. For fruit pies, spread the fruit thickly upon the lower crust—already baked—sprinkle with sugar; pour the custard over this and cover with frosting. Brown is over."

"I have used this recipe for banana, pineapple, raspberry, orange, and peach puddings, also for fillings for crust pies—banana, peach, cocoonut, and chocolate. The cocoonut and chocolate are mixed with the custard."

—Mrs. S."

We welcome you as a new member from whom we hope to hear again.

#### New England Boiled Dinner.

"I am happy to give a recipe for a New England boiled dinner. It is as follows: Boil together one ham hock, one pound of salt pork, two pounds of corned beef for one hour. Add one large cabbage cut into quarters, eight carrots, one quart of string beans, four large red beets, six large onions, and boil for another hour. Put in then six large potatoes and six ears of corn, first parboiling the potatoes and cooking the corn until tender. Serve with cornbread or brown bread or hot biscuit. For salad serve sliced tomatoes, lettuce, or cucumbers."

"The following is an excellent recipe for crisp cold slaw: Slice with a cabbage outer one hard head of cabbage, put it on ice and let it become cold. Place it on a salad dish and add a dressing made as follows: One cup vinegar, one teaspoonful of salt, one teaspoonful of pepper, one-half cupful of sugar. Blend all together and serve at the table, as the vinegar will take the crispness out of the cabbage if this is left too long in the dressing. This is especially nice with oysters or any kind of shell fish or with a roast. It is a good appetizer. This recipe should serve six persons."

"Mrs. C. G."

We have had occasion to thank this correspondent for other cabbage recipes. The New England boiled dinner has a touch of excellence given to it if the different vegetables cooked with the meat are cut into dice and each kind served by itself, making a garnish around the platter holding the meat.

### FAMILY MEALS FOR A WEEK

<b>SUNDAY.</b> BREAKFAST. Eggs. Cereal. Jelly and cream. Fried Sausages. Tea and Coffee. LUNCHEON. Patched Oysters. Cream Cheese and Lettuce Sandwiches. Graham Bread. Celery Salad with Mayonnaise. Hot Chocolate. Cake and Coffee. DINNER. Tomato Soup. Roast Pork. Apple Sauce. Brussels Sprouts. Steamed Turnips. Sweet Potato Pudding. Coffee.	<b>MONDAY.</b> BREAKFAST. Oatmeal. Cereal and Cream. Dinner. Baked Eggs. French Toast. Tea and Coffee. LUNCHEON. Cold Pork (a leftover). Baked Potatoes. Apple Sauce. Tomato Toast. Nimble Pudding. Coffee. DINNER. Cream of Potatoes. Baked Lamb's Liver. Steamed Brussels Sprouts (a leftover). Baked and Buttered Sweet Potatoes. Chocolate. Milkshake. Coffee.	<b>TUESDAY.</b> BREAKFAST. Hamlet. Bacon and Eggs. Cereal and Cream. Tea. Coffee. LUNCHEON. Philadelphia Scramble. Baked Sweet Potatoes. Jelly. Cranberry and Cheese. Tea.	<b>WEDNESDAY.</b> BREAKFAST. Cereal and Cream. Oatmeal. Quick Biscuit. Tea. Coffee. LUNCHEON. Beef Stewed and Warm in Gravy (a leftover). Soups of Turnips (a leftover). Rice Au Gratin (a leftover). Hot Chocolate. DINNER. Yesterday's Soup. Baked Calves' Hearts. Fried Bananas. Whipped Potatoes. French Macaroni. Coffee.	<b>THURSDAY.</b> BREAKFAST. Steamed Potatoes. Cereal and Cream. Bacon and Eggs. Cranberry and Cheese. Tea. Coffee. LUNCHEON. Philadelphia Scramble. Baked Sweet Potatoes. Jelly. Cranberry and Cheese. Tea.	<b>FRIDAY.</b> BREAKFAST. Oatmeal. Cereal and Cream. Tea. Coffee. LUNCHEON. Cranberry and Cheese. Tea. Coffee. DINNER. Chicken Soup. Roast Veal. Battered Tomatoes. Battered Potatoes. Baked Potatoes. Bread and Apple Pudding. Coffee.	<b>SATURDAY.</b> BREAKFAST. Baked Apples and Cream. Cereal. Bacon and Eggs. Cranberry and Cheese. Tea. Coffee. LUNCHEON. Cranberry and Cheese. Tea. Coffee. DINNER. Macaroni Soup. Corried Veal (a leftover). Baked Eggs. Chilled Bananas. Apple Pie and Cheese. Coffee.
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